

Medicare covers two educational services for people with diabetes. You can take classes in **Diabetes Self-Management Training (DSMT)** and **Medical Nutrition Therapy (MNT)**. You must get a prescription from your doctor for both services. DSMT is provided by trained diabetes educators at a Medicare-approved education program. There are programs located throughout Idaho (see other side). A registered dietitian or Medicare-approved nutrition professional offers MNT training and counseling.

What will I learn?

When you take **Diabetes Self-Management Training** and **Medical Nutrition Therapy**, you'll learn how to:

- Manage your blood sugar
- Choose healthy foods and manage your diet
- Find activities and exercise that are right for you
- Prevent problems like blindness, amputations and stroke

Where can I find more information about this Medicare coverage?

The National Diabetes Education Program (NDEP) provides a brochure about this coverage. You can get printed copies in English or Spanish by calling (800) 438-5383. Printed copies are also available from the Idaho Diabetes Prevention and Control Program by calling 208-334-6582. Or, you can read about it on the web at <http://ndep.nih.gov/diabetes/EMCDS/emclds1.htm>.

To learn more about diabetes, visit the American Diabetes Association web site at: <http://www.diabetes.org/home>. For questions about Medicare, please call the Centers for Medicare and Medicaid services at 1-800-633-4227.



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Manage Your Diabetes with Help from Medicare

Medicare Covers Diabetes and Nutrition Education

Diabetes and nutrition education will help you learn how to successfully manage your diabetes. It's easy to receive these services—ask your doctor about them today.



Idaho Diabetes Prevention and Control Program
450 W. State St., 6th Floor
P.O. Box 83720, Boise, ID 83720-0036
Fax: (208) 334-6573



Diabetes Education Centers in Idaho

(Recognized by the American Diabetes Association and also approved by Medicare)

District 1

Bonner General Hospital
Diabetes Self-Management Education Program
520 North 3rd Avenue, Sandpoint, ID 83864

208-265-1116

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Kootenai Medical Center
KMC Diabetes Self-Management Training Program
2003 Lincoln Way, Coeur d'Alene, ID 83814-2311

208-666-2036

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District 2

Gritman Medical Center
Diabetes Care-Education , Self-Management Program
South 700 Main Street, Moscow, ID 83843

208-883-6341

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St. Joseph Regional Medical Center
Outpatient Diabetes Education Program
415 6th Street, Lewiston, ID 83501

208-799-5227

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Syringa General Hospital
607 West Main Street, Grangeville, ID 83530

208-983-1700, extension 588

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District 3

Humphreys Diabetes Education Center
645 E. 5th St., Weiser, ID 83672

208-331-1155

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Humphreys Diabetes Education Center
1202 E. Locust St., Emmett, ID 83617

208-331-1155

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Mercy Medical Center LifeSkills Diabetes Education Program

1512 12th Avenue Road, Nampa, ID 83686

208-463-5728

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West Valley Medical Center Diabetes Resource Center
1717 Arlington Avenue, Caldwell, ID 83605

208-455-3813

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District 4

Humphreys Diabetes Education Center
1226 River Street, Boise, ID 83702

208-331-1155

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Humphreys Diabetes Education Center
3525 E. Louise Dr., Suite 100, Meridian, ID 83642

208-331-1155

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District 5

Gooding County Memorial Hospital
Diabetes Education Program
1120 Montana Street, Gooding, ID 83330

208-934-9886

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Magic Valley RMC Downtown Campus (outpatient)
526 Shoup Avenue W., Twin Falls, ID 83301

208-736-6218

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R & R Pharmacy Diabetes Education Clinic
133 West Avenue A, Jerome, ID 83338

208-324-3784

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St. Benedict's Hospital Diabetes Management Center
1285 Avenue W., Jerome, ID 83338

208-324-1122

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St. Luke's Wood River Medical Center
Diabetes Self-Management Education Program
100 Hospital Drive, Ketchum, ID 83340

208-727-8356

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District 6

Portneuf Diabetes Education Program
777 Hospital Way, Pocatello, ID 83201

208-239-2432

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District 7

Eastern Idaho Regional Medical Center Wellness Center
Health Promotion and Diabetes Education,
Eastern Idaho RMC, Sunnyside Professional Plaza
2860 Channing Way, Suite 214, Idaho Falls, ID 83404

208-529-6717

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Madison Memorial Hospital
Diabetes Self-Management Education Program
450 East Main, Rexburg, ID 83440

208-359-6524

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Rocky Mountain Diabetes & Osteoporosis Center
Patient Diabetes Education Program
2220 East 25th Street, Idaho Falls, ID 83404

208-523-1122

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Rocky Mountain Diabetes & Osteoporosis Center
Teton Valley Hospital Diabetes Self-Management Program
120 East Howard Avenue, Driggs, ID 83422

208-354-2383

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